



Shortcut Pierogi

READY IN



53 min.

SERVINGS



53

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp butter divided
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 0.5 cup knudsen cream sour
- 1 egg white lightly beaten
- 0.3 tsp pepper
- 2 cups potatoes cooled mashed
- 36 won ton wrappers

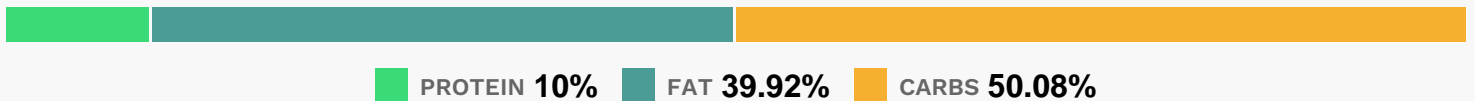
Equipment

- frying pan
- sauce pan
- colander

Directions

- Bring large saucepan of water to boil. Meanwhile, mix potatoes, cream cheese spread and pepper.
- Cut won ton wrappers into circles with 3-inch biscuit cutter; brush edges with egg white. Spoon 1 Tbsp. potato mixture onto center of each wrapper; fold in half. Press edges together to seal.
- Add, in batches of 12, to boiling water in large saucepan; cook 2 to 3 min. or until pierogies float to surface.
- Drain in colander. Rinse with cold water; drain well.
- Melt 1 Tbsp. butter in large nonstick skillet on medium-high heat.
- Add 12 pierogies; cook 2 to 3 min. on each side or until golden brown on both sides.
- Remove from skillet; cover to keep warm. Repeat with remaining butter and pierogies.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:1.0682608566206%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 36.61kcal (1.83%), Fat: 1.62g (2.49%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.31g (1.57%), Sugar: 0.21g (0.23%), Cholesterol: 4.79mg (1.6%), Sodium: 46.33mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Selenium: 1.66µg (2.37%), Manganese: 0.05mg (2.31%), Vitamin B1: 0.03mg (2.22%), Vitamin C: 1.58mg (1.92%), Vitamin B3: 0.36mg (1.81%), Vitamin B2: 0.03mg (1.66%), Folate: 5.83µg (1.46%), Iron: 0.24mg (1.31%), Vitamin B6: 0.03mg (1.29%), Potassium: 41.49mg (1.19%), Vitamin A:

54.87IU (1.1%), Fiber: 0.27g (1.07%), Phosphorus: 10.59mg (1.06%)